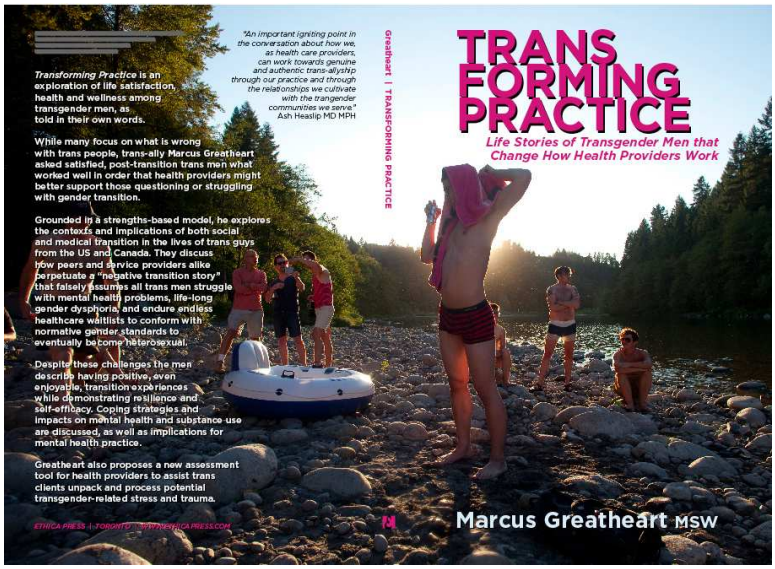
"...a welcome addition to the literature on transgender medical care... [we] recommend Greatheart's 'Transforming Practice' to everyone who is interested in transgender health care but also clinicians in active practice will especially benefit from it."
---Canadian Medical Association Journal

Transforming Practice:
Life Stories of Transgender Men that Change How Health Providers Work
Toronto: Ethica Press, 2013



Transforming Practice is an exploration of life satisfaction, health and wellness among transgender men, as told in their own words.

While many focus on what is wrong with trans people, trans-ally Marcus Greatheart asked satisfied, post-transition trans men what worked well in order that health providers might better support those questioning or struggling with gender transition.

Grounded in a strengths-based model, he explores the contexts and implications of both social and medical transition in the lives of trans guys from the US and Canada. They discuss how peers and service providers alike perpetuate a "negative transition story" that falsely assumes all trans men struggle with mental health problems, life-long gender dysphoria, and endure endless healthcare waitlists to conform with normative gender standards to eventually become heterosexual.

Despite these challenges the men describe having positive, even enjoyable, transition experiences while demonstrating resilience and self-efficacy. Coping strategies and impacts on mental health and substance use are discussed, as well as implications for mental health practice.

Greatheart also proposes a new assessment tool for health providers to assist trans clients unpack and process potential transgender-related stress and trauma.

Available for purchase on Amazon or from www.transformingpractice.net.